

Keeping Faith



RDML Margaret G. Kibben
Chaplain of the Marine Corps









ATTITUDE DOES MATTER



35TH COMMANDANT OF THE MARINE CORPS
COMMANDANT'S PLANNING GUIDANCE

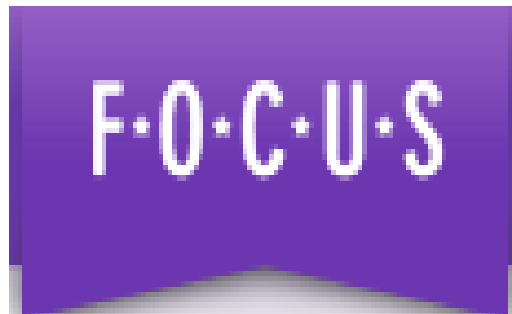
2010

Priority # 4 :

*“We will keep faith with
our Marines, Sailors and
Families.”*

*--Gen James F. Amos
Commandant, USMC*







SPIRITUAL FITNESS GUIDE

This is a self-assessment tool to help service members consider their spiritual condition.

Spirituality may be used in a general sense to refer to that which gives meaning and purpose in life, or the term may be used more specifically to refer to the practice of a philosophy, religion, or way of living.

FIT	STRESSED	DEPLETED	DRAINED
Potential Indicators	Potential Indicators	Potential Indicators	Potential Indicators
<ul style="list-style-type: none"> ➤ Engaged in life's meaning/purpose ➤ Hopeful about life/future ➤ Makes moral decisions ➤ Able to forgive self and others ➤ Respectful of people of other beliefs ➤ Engaged in core values/beliefs 	<ul style="list-style-type: none"> ➤ Neglecting life's meaning/purpose ➤ Less hopeful about life/future ➤ Makes some poor moral decisions ➤ Difficulty forgiving self or others ➤ Less respectful of people of other beliefs ➤ Neglects core values/beliefs 	<ul style="list-style-type: none"> ➤ Losing a sense of life's meaning/purpose ➤ Holds very little hope about life/future ➤ Makes poor moral decisions routinely ➤ Unable to forgive self or others ➤ Strong disrespect for people of other beliefs ➤ Disregards core values/beliefs 	<ul style="list-style-type: none"> ➤ Claims life has no meaning/purpose ➤ Holds no hope about life/future ➤ Extreme immoral behavior ➤ Forgiveness is not an option ➤ Complete disrespect for people of all beliefs ➤ Abandons core values/beliefs

Your chaplain cares about you and can help with your Spiritual Fitness.

Chaplain POC:





Spirital Fitness App



CREDO CAMP LEJEUNE

CREDO Programs



CREDO OKINAWA



CREDO CAMP PENDLETON



Regardless of our approach towards
building resiliency ...

...we owe it to our service members and families to get resiliency right.



*“We will keep faith with
our Marines, Sailors
and Families.”*

